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Inaugural Dissertation

on

Enanthesis Rubeola;

For

The Degree of Doctor of Medicine

In

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By

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of

New-Port

Rhode-Island.

Philadelphia March 9th 1829

Earthquakes & Volcanoes

The diseases to which these volcanoes have been subject, as we are told, are frequently of nature resembling the ancient Greek & Roman Physicians, having left no accounts which are indirectly known that it were known to these learned writers. Says Dr. Daniel, "Perhaps it will be very easily discovered traces of this disease not unlike of Isolation, & Cheselden, in his writings of Cheselden Region, & some other of the Greek Physicians. But the Hindu the passages referred to, are too general & imperfect, to establish any such conclusion. In the Rig-Veda Mentioned to reader that such such diseases are described by the

By referring to the history of these diseases, shall perceive, that the accounts given of their origin & progress, go, not only, to establish the existence of Exact facts mentioned, but to prove even that the earlier Greek & Roman writers could not have seen them, as they have represented. Some of the [illegible]

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Enanthesis Rubeola

The disease to which this name has been applied, is, we are told, comparatively of modern origin, — the ancient Greek, & Roman Physicians, having left no accounts which conclusively prove that it was known to them. Some writers says Doct. Good, have fancied that they could discover traces of this disease, as well as, of Scarlatina, & Small Pox, in the writings of Paulus Aegina, & some other of the Greek Physicians; But He thinks the passages refered to, are too general, & imprecise, to establish any such conclusion, & He has not hesitated to declare that no such diseases are described by them.

By refering to the history of these diseases we shall perceive, that the accounts given of their origin & progress, go, not only, to establish the correctness of Doct. Goods assertion, but, to prove even that the earlier Greek & Roman writers could not have seen them, as they had never prevailed in either of those countries—

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previously to the commencement of the 8th century. Consulting then the history of these maladies, we learn that they have been known in India, & China, from a very remote antiquity — that they were conveyed from India, to Arabia, about the middle of the 6th century, by the Arabian Merchants who traded on the western shores of Hindostan.

It does not appear however, that any of them had prevailed as a general & fatal epidemic, in Arabia, until a short time previously to the birth of Mahomet, or about the year of Our Lord 569; when they broke out near Mecca, & raged with great violence, & fatality. From Arabia, they appear to have travelled westward, to the north of Africa, & had by the commencement of the 8th century extended over nearly all the eastern Provinces of Asia. How long nature would have confined them to this periphery, under ordinary circumstances, is not easy to determine, —

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But in the Iliad of woes, that so frequently follow in the train of war, malignant, & contagious, diseases are not the least terrible, or distressing; & accordingly we find, that, the diseases, of which I am now speaking were introduced into Spain, Italy, & France, by the Saracenic invasion, early in the 8th century. — Having thus gained firm footing in these southern provinces, their baleful, & destructive influence, was soon extended to the north, & they appeared in Switzerland, Saxony, England, & northern Europe generally, about the latter part of the 9th, or beginning of the 10th century. By some it is asserted, that, however extensively, these diseases may have prevailed on the continent of Europe, they did not appear in Britain, until the return of the Soldiers who accompanied the Deluded Richard, in his expedition to the east, in the latter part of the 12th century.

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This is the amount of what I am enabled to learn, concerning the origin & progress of the disease I am now considering, as well as, the exanthematous companions, with which it is most commonly associated.

Whether this outline of their origin, & progress, be correct, or otherwise, is more than I am competent to determine; If it be correct, however, as is very probable, it would go satisfactorily to prove, that, neither, Paul of Aegina, nor his predecessors, could have seen these diseases, unless they had seen them, in other countries than their own; & it should likewise serve, to silence the clamour of those, who would reproach the Venerable Fathers, of our Science, with negligence, or want of discrimination, because they have not handed down full, & lucid descriptions, of diseases which they had never seen. For indeed, it is not reasonable to suppose,

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that, this desolating trio of exanthems, had ever come either within the observation of the Coan Sage, or of those accurate observers of nature, who succeeded him, during a period of more than eleven hundred years.— Had they once witnessed their ravages, they they would have noted them with their usual discrimination, & a few vague & indefinite allusions, concerning them, would not be all the knowledge they would have transmitted to posterity.

But this perhaps, is to wander from my design, & to go too far in search of the age & birth-place of an object, whose mature development, & often refractory character, should be the more particular subjects of my regard.

At this distant period we cannot probably ascertain precisely where Rubeola first made its appearance, or at what time;

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and as these circumstances, are fortunately not very material to a knowledge of its present character, pathology, & method of cure, I will leave them to the curious, & pass to some notice of the disease as it appears at present in this country.
The three most striking characteristic phenomena of Measles, are the Febrile excitement, the Catarrhal affection, & the Efflorescence.
The eruption is indeed peculiar, & consists of a greater or less number, of reddish points, or spots, somewhat semicircular in shape, dispersed over the surface in crescentric groups, the intervening portions of skin being, for the most part, of the natural colour. This eruption takes place generally on the fourth day from the commencement, of the attack; it begins to decline on the 6, or 7th, & terminates in a beaming desqu

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mation, ~~on~~ the 6th, or 7th; now, & then, it happens, that the eruption assumes in its progress, a somewhat vessicular form, though, this is rare, & a pustular appearance is so extremely uncommon, as scarcely to be mentioned.

This eruption is always preceded, & accompanied, with a fever, which is more, or less inflammatory, or Typhoid, according to the violence of the disease, the constitution of the patient, & the nature of the prevailing epidemic; & it will be more or less catarrhal, according as the mucous linings of the nasal, & pulmonary cavities, are ~~more~~ or less, sympathetically phlogosed -

This disease produces its full effect on the human system but once, & is said to assail infants, & children, more readily than adults.

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This last remark, is perhaps of doubtful correctness; it is unquestionably true, that we see much more of the disease in infants, & children, than in adults; but this can hardly be taken as a proof of their greater susceptibility to its influence, since it is well known, that most persons become subjects of the disease previously to adult age, & equally well known also, that they do not as a general rule, become subjects of a second attack. —
Besides, it does not appear from all that has been proven on this point, that adults ceteris paribus less susceptible than children themselves.
As to the causes of this disease, little contrariety of sentiment seems hitherto to have been entertained, nearly all concur in ascribing it to Specific Contagion, without however, informing us in what this conta-

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gion essentially consists, or from what sources it is derived.

From whatever source the stimulus that primarily excites the morbolus action is derived, observation seems to have established the fact, that, being once introduced into the human system, it so interrupts & changes its natural functions, & excretions, as to render them capable of imparting to the surrounding medium, the same specific influence that first called it into action.

Strange however, as it may appear, this opinion as regards the infectious nature of Measles, after having been recieved & acted on as an established fact for more than a thousand years, has lately been called in question, & arguments adduced to the contrary of this opinion. — With how much reason, & propriety, its

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infectious nature is disputed, I can not pretend to say, — I only know this much, if Measles cannot be communicated from the body of one labouring under the disease in its genuine form, to an other who has not previously been affected by it, then, mankind have been for a long time strangely deluded, since men, both professional, & laical, endued as they have been, with the ablest talents, skilled in all the learning of their day, & possessed of the best & broadest fields for observation, have declared, not only that it may be so communicated, but have specified the time that the infection remains in the system previously to producing its specific effects, as from 6 to 14 days, generally from 8 to 10. If such men, under circumstances the most favourable, have suffered themselves to be so egregiously deceived, then we may

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with much propriety question the capacity of the human intellect, & doubt even its power of distinguishing between truth & error.

Although I do not believe that Measles arises primarily from a material & specific contagion, yet, I as much believe that, being once brought into action it is communicable from one person to another as I do that Small Pox, can be so communicated. In this opinion I am supported by all popular observation — the concurrent sentiments both of the "witty & the wise". — But in what particular manner it produces this effect, is not positively determined, although, there seems little doubt that it is effected by a material vapour, or poisonous exhalation, arising from the body of an infected individual. —

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demonstrate, & it is a matter of almost daily observation, that, the excretions of the human body may be so changed by its own morbid actions, as to be capable of exciting in other bodies the same morbid phenomena; But to ascertain precisely how, & from what particular source the primary irritant originates, is a desideratum which although it now seems of difficult attainment, may hereafter be unfolded to our comprehension by some future, & fortunate, Jenner who aiming at improvement, may thus connect his name in co-extensive immortality with the Science he cultivates.

However difficult it may be to account for the production of the peculiar virus or in other words the peculiar exciting causes of Measles, there is little doubt of their ingenerate origin, whether we regard them as material, or immaterial.

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Regarding these causes as specific & material, they would most probably arise from one of the following sources,— either from accumulated filth, animal, or vegetable, acted on by some peculiar atmospherical influences, which, are as essential to its perfect elimination, as they are incomprehensible to us; & which, combined with the above mentioned fomites, call into existance the genuine Rubeolus contagium. Or we might perhaps, with some plausibility ascribe it to a miasm arising from the human body itself, owing to crowded situations, personal filth, paucity of wholsome nourishment, or other accidental, & constitutional peculiarities, which are mysteries only because Physicians have not hitherto hit on that particular manner of investigation, by which alone they can be comprehended & explained. Admitting therefore the existance of a <u>material</u>

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Tubeolus miasm, it does not seem difficult to account in a plausible manner for its production, in places particularly circumstanced, — But the great objection to its materiality, is that, we cannot on this principle satisfactorily account for the apparent phenomena; — it does not enable us to explain its singular diffusion, & simultaneous occurrence, among Families, & Individuals, so distantly separated, & differently circumstanced.

If on the contrary, we regard the disease as not originating ~~primarily from~~ any material poison, but from some general epidemic prevalence, or atmospherical constitution, which predisposes the system to take on a diseased action of this peculiar kind, independently, of any abstract & material contagion, — if I say, this ~~view~~ be admissible, we can at once account for its

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appearance, & dissemination, in the manner above mentioned; & we shall no longer be surprised that, the inhabitant of the hill, or the valley, the crowded city, & the lonely cot, - the inmates of the filthy & ill ventilated apartment, & the spacious hall, are all, nearly alike, subjects of the disease, & why all are so simultaneously affected. That, no one could suppose for a moment that the exciting cause was material, unless he at the same time supposed the sources of this material to be coextensive with the disease, or even, with the atmosphere itself. Even admitting however, the exciting causes of Bubeoln to be immaterial, & wholly arising from some general epidemic influence, we have yet, many difficulties to encounter, in as much as, we cannot comprehend the actual causes, or source, of this peculiar atmospherical condition -

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We do not know for example, whether it is attributable to a change of the relative proportions of the proper atmospherical constituents, — to an accession of foreign gaseous elements, — or whether it arise merely, from peculiar modifications of temperature or from different gradations of dryness, & humidity.
The fact however, that, these last mentioned circumstances are well known to exercise a very powerful influence over the mucous, & capillary tissues, of the system generally, will I think go much in favour of this last mentioned opinion.
Consulting medical authority on this subject, we perceive that, nothing has been actually demonstrated in relation to it, & that very little, or nothing, seems positively to be known, — We see likewise, that however justly the moderns may boast of having carried

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the lamp of science, & inductive philosophy, into various other subjects which, were truly mysteries to the ancients, yet as regards their present knowledge of contagion & epidemics, that they have comparatively but little to boast.

They have indeed, pointed out some of its more probable sources, & ascertained apparently, a few of its more obvious laws;- But as in the Theory of the seminarium e coelo demissum, of the ancients, there still remains a mystery, an arcanum, which they cannot explain; & although they are not now, as formerly, regarded in the superstitious light of an invisible demon, delegated from heaven to scourge mankind & avenge the insults of an offended Divinity,- yet they are perhaps, as little understood, & almost as ineffectually opposed.

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Measles when once called into existence, may be propagated according to Home, by inoculation.

He states that by drawing blood from cutaneous veins where the Rubiobous efflorescence was abundant, he was enabled to produce the genuine disease, in 12 patients, by inserting in to the arm a small quantity of the fluid thus obtained.

The disease says he, appeared on the 6th day, after the operation, the eruption came forth in regular succession, & the disease passed through its regular stages, but with a decided mitigation of all its symptoms.

The disease when excited in this way he says, does not awaken, & call into action the latent predispositions to scrofula, nor does it entail on the system those distressing, & often indomitable sequelae

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which, but too frequently follow the usual disease.

Notwithstanding however, what has been said by Doct Home upon this subject, succeeding trials of the practice do not, from some cause or other, promise such favourable results.

Inoculation, as practiced by Home, has we are told occasionally succeeded in other hands; though it has, by far, more frequently failed, & in the instances in which it has excited the disease, it was not at all more mild in its character, or less baleful in its effects, than when accidentally introduced.

By some it is doubted, whether, the disease can at all be communicated by inoculation, & notwithstanding high authority to the contrary, there is certainly some very good foundation for such an opinion.

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We are told by Professor Caldwell, that experiments to this point were instituted in the practice of the Dispensary of this City in 1801, & after having faithfully tried, the blood, the tears, the sero-mucous excretions, of the pulmonary & nasal cavities, as well as, the emptive matter of the cuticle properly moistened, they abandoned the pursuit without having succeeded in a single instance.

Upon the whole then I think we may reasonably conclude that the practice of inoculation in this disease, if at all practicable, is by no means worthy of general adoption, & has therefore very naturally fallen into disuse.

Three varieties of Measles are noticed by authors, viz. 1 Rubeola Vulgaris, or common Measles.

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3 R - - Nigra or Black Measles.

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In the 1st of these varieties, we have a rash slightly prominent, extending over the mouth, & fauces, a dry hearsh cough, & an eye watery & inflamed.
In the 2d variety, the rash runs its usual course with little fever, or catarrhal affection, & affords no protection against the genuine disease.
In the 3d variety, above mentioned, the rash is of a blackish, or liquid hue, interspersed with yellow, protracted in its appearance, & prolonged in its stay, being for the most part accompanied with extreme languor & quickness of the pulse.
This disease most commonly makes its appearance in winter, & not unfrequently, prevails as an epidemic affecting such as have never before been its subjects especially children.
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month in which it most commonly commences, & its prevalence will be more or less general, & extensive, according as the exciting causes happen to be more or less powerful, or as there happens to be few or many in the sphere of its action, who are unprotected by a previous attack.—

As warm weather advances, however, the disease gradually declines, & either wholly disappears, or as if chagrined at loosing its usurped, & tyrannic sovereignty, vents its rage by enslaving, here & there, an unhappy individual.

Although ~~the~~ approach of the warm season, most generally, checks the progress of the disease; yet this is not always the case, for, it has in many instances been known to prevail extensively, as an epidemic, during the warmest seasons,— &

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How the increased temperature of the atmosphere operates in checking the progress of this complaint, is more than I can determine, & so far as I am acquainted, medical Authors are, either, wholly silent upon the subject, or merely allude to it en passant, with a view to advance some crude conjecture, or to acknowledge candidly their total inability to explain it.

Supposing the Rubeolous contagion to be a material, & specific fluid, warmth might operate by diminishing its contagious power; although, this is precisely the reverse of what it is supposed to produce in regard to the peculiar virus of yellow fever, & some other of the contagious miasms.

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the progress of the disease, by a kind of negative agency, or in other words, by not producing, in the mucous, & capillary tissues of the system, that peculiar irritation, which is at all times a sine qua non to its existence. This peculiar irritant, being once introduced, arouses the general system to preternatural exertion, or more properly speaking excites in it a febrile condition, in order to produce a metastasis of the morbid action to the surface, which in this case becomes as it were, the center towards which all the recursive energies tend in Nature, by thus changing the seat of the morbid irritation from vital organs, to such as are less irritable & important, not only, relieves the sufferings of the patient but, provides such measures for her own security & protection.

It is here that we have an excellent specimen of the

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wisdom, & becoming of the vis medicatrix naturae, with which the Fathers of medicine were so much delighted, & by which a numerous train of succeeding Physicians have been so fatally deluded.

Regarding her efforts as salutary, (whether they preserved or destroyed the patient as would seem) they preferred becoming idle spectators of her violent commotions, or of her feeble, ghastly, & ineffectual struggles, rather than interfere their much needed assistance, & aid her efforts by agents at once prompt, safe, & effectual. Although the recuperative energies of the system, are called in to action more, or less, in every variety of disease; yet in the whole circle of vital phenomena there probably cannot be found a more striking, & beautiful illustration of that wonderful & instinctive agency by which living matter, whether animal, or vegetable, is continually striving to repair

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By some it has been supposed that Rubeola in its epidemic character observed septenary revolutions, this however does not appear to be confirmed by observation, since the disease is more or less prevalent ~~in many~~ during every year, I might perhaps add in every season, of each year; thus conclusively proving that there is little foundation for the remark.
Measles as before observed, generally, occurs but once in its genuine form, ~~in the~~ in the same individual; but we are told that a susceptibility to its action has occasionly been renewed, & a second infection has followed.
By others, this ~~[illegible]~~ renewal of the susceptibility, is denied, & they account for a second attack in the same individual, by supposing that the 1st invasion was imperfect

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perfect, or by some means so interrupted, as to prevent it from producing its usual, & specific impression upon the system.

That Measles does not generally occur but once in the same individual, is universally admitted; But by what precaution, & happy agency, the system is capable of resisting a second attack, will, perhaps, forever be clouded by conjecture & hypothesis. That it does produce this effect, no one will deny, & we moreover see that as regards other stimuli it maintains in many respects, the same facultty, for it is well known that various mechanical, & chemical, stimuli cease to be operative on our organs in proportion as they are more frequently applied.

From this power in the system to accommodate itself to external impressions, Physicians, & Physiologists, have concluded,

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& that, too with much reason, & plausibility, that the susceptibility of the system is so benumbed by the primary application of the contagious miasm, as forever after to remain torpid to its influence.

This disease in its more ordinary form, or that of R. Bulgaris, commences with the usual premonitories of pyrexia, such as chilliness & flushing, languor & oppression, pain in the head, back, & loins, loss of appetite, & not unfrequently, nausea, & vomiting of bilious matter. To these symptoms we have almost always added, considerable catarrhal affection, as, cough, sneezing coryza, & soreness of the throat, oppressed or hurried respiration, which generally, in the commencement lead the patient (if an adult) to suppose that he is suffering from what he terms "a severe cold." The fever, & other symptoms go on gradually increasing, the cough is dry, & harsh, the

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eyes are inflamed, suffused with acrid tears, & morbidly sensible to light, the patient becomes irritable, drowsy, & impatient of interruption.

Sometimes the bowels are considerably irritated, & in young children especially, frequent bilious discharges are by no means uncommon. The face & neck become flushed, somewhat bloated or apparently swollen, the pulse is generally full & frequent, the tongue is covered with a white furr, the papillae are red & somewhat prominent. These symptoms together with a troublesome itching of the surface, especially of the face, & neck, swelling of the eyelids; pain & soreness of the chest, soreness of the throat, & sometimes difficult, or painful deglutition, usher in the appearance of the eruption - which usually takes place on the 4th day of the attack, as before observed, at

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this time a drowsy, or comatose state, is very common, more especially in children of gross habits & plethoric adults.

The eruption appears first on the face, neck & breast, although it may be seen on the roof of the mouth, upon the soft palate, & lining membrane of the fauces & throat, some time before it makes its appearance on these parts. From the face, &c, it gradually extends to the body & extremities, & about the 6th day, begins to turn brown where it 1st appeared, & so on other parts in the order of its occurrence.

On the 7th or 8th day a branny desquamation is observed, & by the 11th or 12th in ordinary cases, no traces whatever of the eruption are left. In measles the coming forth of the eruption does not remove the fever, or very much lessen its violence, as is the case in variola, — On the contrary it frequently

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uently happens that, not only the fever, but the symptoms generally are considerably aggravated, & with the exception of the vomiting & gastric distress which are for the most part relieved by the eruption, we do not find much abatement of the symptoms until the desquamation begins, — at which time it frequently happens that a gentle diarrhoea comes on which is always (being mild) salutary in removing the remains of the disease, as well as the phlogosed condition of the mucous tissues. These ends it will generally effect by the 1st day, when no remains whatever of the disease will be seen in a large majority of instances; — it often happens however, that this salutary tendency of the diarrhoea is totally intercepted either by imprudence on the part of the patient, or a misjudged —

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medication. As the disease declines we see pulmonary symptoms frequently supervene, which require the most prompt & skillful medical assistance.
This symptom is frequently a consequence of too early exposure to cold, & it too fortunately, often lays the foundation for Phthisis Pulmonalis.
Although the symptoms of this variety are usually mild, yet it sometimes happens, thus, they are so violent as seem to distroy the patient in an early stage of the attack. In such cases the fever is violent, there is great gastric uneasiness, difficult respiration, coma, delirium, spasms of the limbs, or general convulsions.
There is a particular form or modification of this variety alluded to by Dr. Good, & which would seem entitled to a more distinct, & particular notice, than he has

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thought proper to bestow upon it.
In the form to which I allude, the fever is either a Synochus, or Typhus, more commonly the former, though, it sometimes happens that typhoid, or malignant symptoms, appear from the first constituting a genuine atonic variety, whereas the more common form of the disease is decidedly of an entonic character.
Keeping these circumstances in view, some practitioners have with much propriety contemplated the disease under two modifications only, that, of the common entonic or inflammatory variety, & the atonic, typhoid, or putrid, omitting what have been termed the Black, & Imperfect varieties, as of little practical importance, & more calculated to perplex them to enlighten the practitioner.

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The symptoms of the modification of which I am now speaking, are decidedly more violent & alarming, than in the one previously described.
The eruption is often so profuse as to resemble the eruption of Rosalia, it makes its appearance nearly two days earlier in some instances; it sometimes happens in this form also that the symptoms suddenly change, & from being highly inflammatory, they quickly assume a typhoid, or malignant aspect; the eruption loses its florid hue, & becomes brown, or livid; sometimes also petechiae appear, accompanied with inflammation of the throat, & fauces, a dark brown fur upon the tongue, & other signs of putrescency.
Now & then it happens that the eruption suddenly recedes, owing probably

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to a deficiency of the vital energies, or excessive gastric irritation, & here, unless we quickly restore it to the surface, the patient is irrecoverably lost. In such cases the brain, stomach, lungs, or other internal organs, almost always suffer, owing to the violence of the disease being as it were suddenly reflected inwards, producing violent pneumonic inflammation, & consequent dyspnoea & oppression, coma, delirium, excessive vomiting, or obstinate diarrhoea, according to the organs assailed, & the particular circumstances of the patients constitution. This variety is noticed by Sir Wm. Watson, it occured among the children of the Foundling Hospital in 1763, & 8, & was by him denominated putrid measles. Pneumonic symptoms very often

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accompany measles, & sometimes the disease as an epidemic is characterized by this tendency, we remember it to have prevailed says Doct. Dewees early in the spring of 1785, & 6, at which time almost every case was marked with symptoms of pneumonic inflammation.

The 2d variety or imperfect measles as it has been called, seems in a practical point of view to be entitled to but little attention; the fever, & catarrhal affection, are for the most part mild, & require merely that the patient should be protected from the pernicious influence of cold; (which is always to be avoided in measles) take warm mucilaginous drinks, & if the bowels be costive some mild aperient medicine.

This variety is indeed a mere Rubeoloid, & is wholly destitute of the most essential

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& important character of genuine Measles, viz. that of protecting the system against a ~~subsequent~~ subsequent attacks.

Doct Willan in his Discription & treatment of cutaneous diseases, order 3, part 1st, mentions cases of this kind, wherein, the apparently rubeolous efflorescence, having subsided without much fever, or catarrhal affection, there appeared on the 4th day from its commencement a new efflorescence, with violent disorder of the constitution. In these cases it would seem that the 1st impression produced on the system was insufficient to produce the genuine Rubeolous action, consequently a rubeoloid was the result, But a more powerful impression quickly succeeding, excited the subsequent eruption, & developed the genuine disease. The 3 variety of this disease occurs as before

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mentioned in persons whose constitutions are generally weak, & seems to be connected with a relaxed or debilitated state of the cutaneous capillaries in particular; hence we have effusions of sero-sanguineous fluid, forming petechiae beneath the cuticle, giving to the variety its particular nosological character.'

In these cases however there is generally little danger to be apprehended, notwithstanding the putrescent aspect of the cutaneous surface; or the general languor, anxiety, weakness & quickness of the pulse. — They are all promptly relieved says Dost Good, by the exhibition of Infus. Cinch. & Elix Vit, unless, Typhus infection happens accidentally to be introduced, when they become of course of the same nature as the typhoid variety, above alluded to, & are to be cautiously

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iously watched, & treated on the same principles as will be hereafter mentioned for the cure of that particular modification.

As to the Pathology of this disease, a very different view seems now to be taken, from that which was formerly entertained; - instead of ascribing it to a general contamination of the circulating fluids, arising from a material, & specific poison, it is regarded by modern Pathologists as a genuine irritation, seated primarily in the mucous tissues, more especially of the stomach & alimentary canal.

To prove the correctness of this doctrine, we need only to have recourse to post mortem examinations, which almost uniformly demonstrate a highly phlogosed condition of the mucous linings of these organs, as well as those of the throat, & lungs, all which

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are in almost every instance seriously implicated, & in many instances manifest a strong tendency to sphacelation.

The lungs themselves are often found in a phlegmonic condition, & in such as die under the eruption we are told, that, the lining membranes of the Larynx & Bronchiae are covered with the efflorescence as in Small Pox: to this is ascribed the increase of the cough, & pectoral oppression, so often observed in the eruptive stage of the disease.

Sometimes engorgements of the brain, or abdominal viscera are to be met with, & it is no uncommon occurrence to meet with marks of a high degree of inflammation in the mucous membranes of the mouth, fauces, & throat.

There is no other circumstance connected with Rubeolous action, which I have not hitherto taken notice of; I allude to its power

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of suspending the vaccine, & variolous actions.- Thus if measles be taken a sufficient time previously to the inoculation of variola, so that the eruption may commence before the variolous action comes on, the progress of the latter will generally be suspended until the rubeolous fever declines, when it will immediately resume its influence over the system, & pass through its regular stages as if no interruption had taken place.-

It is further asserted in relation to this point that if measles appear, for instance two days after the eruption of small pox had taken place, that the variolous eruption will be stayed, until the measles disappears, & then resume its regular progress as in the above mentioned instance.

To account for the singular control which the rubeolous action is seen to exercise over

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the variolous, Physiologists have supposed with Mr. Hunter that the two actions cannot, or at least, do not readily take possession of the system at the same time; But even admitting the existance of this law of the animal oeconomy, there is still a difficulty; for under such circumstances the stronger impression, ought always to subvert the weaker, whereas, in the instance before us, it would seem at least that the reverse of this is the fact: since we cannot well believe, (judging from the comparative effects produced on the system by these diseases) that the power of the Rubeolous is greater than that of the variolous impression; — It may & probably does possess rather more of the pure inflammatory character generally, but as to its general controlling influence upon the system it would certainly

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appear to be decidedly inferior in power.
In regard to the Diagnosis, in this disease it may be observed, that, in some instances it is difficult, & was formerly much confounded with other eruptive diseases, — as varicelli, & scarlatina, ~~as~~ also, in its earlier stages with catarrh.
The disease will be distinguished from varicelli, by the catarrhal affection, which almost invariably attends it; whereas in the latter case it is never or very rarely observed.
As the disease advances & the eruption is developed, there is little difficulty in making a proper distinction, since the eruption in Measles terminates by desquamation whereas in chicken pox, there is imperfect pustulation, & scabbing. The eruption also appears much earlier than in measles, & the accompanying fever is much milder, & more uncertain in its duration.

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known catarrhs, in the early stages measles will generally be distinguished, by the catarrhal affection preceding the fever in the former, whereas in the latter, the fever most generally precedes, or commences with, the catarrhal symptoms.
If however the circumstances of the fever should prevent us from distinguishing these affections in their earlier stages, no injury would probably result from such a mistake, since both diseases at this time require the same management.
To distinguish Measles from scarlatina is a task in some instances extremely difficient; here, the most skilful, & experienced, have confessed their embarrassment. Some Practitioners seem to attach much importance to a proper distinction between these exanthems; for, say they, a very different management is required for each.

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For my own part, I cannot perceive why it should be in a practical point of view so very important to make this distinction, unless, it be supposed that we are to treat a disease according to its name, instead of being guided by the condition of the system, & the phenomena before us.

It is no doubt true that Scarlatina, is more frequently attended with an Ataxic, or Typhoid, condition of the system than measles, & consequently will require a less antiphlogistic treatment; But I cannot see any sound reason, why an Identical morbid condition of the system, should not be treated on the same general principle, whether, it be produced by Measles, Scarlatina, Small Pox, or any other disease.

There may be here more demand for cautious watchfulness, & attention:- I would therefore

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in such cases of doubt, & perplexity, endeavour carefully to ascertain the actual condition of the organs generally, & the tone & vigour of the vital energies in particular; — whether there were an actual deficiency, or excess, of action, or whether a mere semblance of general prostration, were present, owing to a phlogosed condition or engorgement of particular organs. These points being thoroughly well understood, & duly appreciated, the ingenious Practitioner will I believe seldom err in deducing his methodus medendi, — although it very frequently happens that the best medication in such instances is impotent, & unsuccessful.

There are however several points of difference, between these diseases, which it may be well to bear in mind. —

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little or no catarrhal affection; - in measles on the contrary it is always considerable, & frequently severe.

2 in scarlatina the eruption is more general, & diffuse seldom distinct, & elevated, except perhaps on the inner surface of the thighs & arms; while in measles the eruption is generally distinct, & elevated, giving a distinct sensation of roughness to the touch; the interstitial portions of skin retaining their natural colour.

3 In scarlatina, the eruption appears 36, or 48 hours, earlier than in Measles, is of a scarlet hue, & gives no distinct sensation of roughness, except as above mentioned; in measles however, the rash gives decidedly the sensation of roughness, & has more of a crimson die.

4th In scarlatina, there is generally no swelling of the margins of the eyelids, while in measles,

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this symptom is so generally present, (especially about the time of the eruption) as by some to be regarded as one of its most certain pathognomonics.

5th In scarlatina, the papillae of the tongue are particularly elongated, their points projecting above the brownish or whitish fur with which it is commonly covered; these papillae are for the most part of a bright scarlet hue. In measles this elongation of the lingual papillae, is much less conspicuous, although, it is mostly present in some degree.

6th In scarlatina, instead of drowsiness, impatience, & morosenes, there is often a peculiar anxiety, restlessness, & depression of spirits.

7th Scarlatina decidedly predisposes to, & is often followed by dropsical effusion, whereas measles, is comparatively speaking, rarely followed by such a result.

The Prognosis, in this disease is generally

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favourable, & must be deduced from the violence of the attack;- The Type of the fever; the Constitution of the patient, its Phthisical, or scrofulous, predispositions; the degree of Congestive Irritation, & consequent Engorgements of the Lungs, Brain, Stomach or other Organs. Violent fever especially of a typhoid character, the eruption being tardy, irregular, or suddenly disappearing, without desquamation, or becoming pale, or livid, accompanied with petechiae; ~~the presence~~ stupor coma, or delirium, the supervention of violent pneumonia, - sudden prostration of the vital energies, dyspnoea, or violent vomiting & convulsions, are always unfavourable appearances, & should not fail to awaken serious apprehensions in the mind of the Practitioner, & to elicit also his utmost watchfulness & skill.

On the contrary the attack being mild, the fever moderate, & of the entonic grade;

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a freedom from local determinations, or engorgements, the eruption being proportioned to the degree of fever, & regular in its appearance & progress, the skin being moderately hot, & in a perspirable condition, the cough being mild, the expectoration free, & a mild diarrhoea, supervening, point out a favourable termination & should always be hailed with "Joy & Gladness" by the Practitioner.

In the treatment of this, & as well as, in all other genuine Exanthems, the Physician is not to aim at curing the disease.—He must therefore content himself, with becoming the humble Pilot, & Coadjutor, of Nature, whose wonderful & instinctive efforts, under a judicious guidance & regulation, are not only the safest, & best, But so far as has hitherto been discovered the Only remedy in disease.

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We may indeed supply a factitious organ, as a leg, or an eye; but the reproductive energies of nature can alone restore organized parts when deficient, or accommodate the actions of the system to the inconvenience, or injury sustained. We may relieve the system from Plethoric oppression by abstracting blood; But we could never remedy disease by so doing, unless the restorative tendencies of our organism resumed their saluatory sovereignty, & conquered with our assistance the enemies that assail them. Some diseases of the human body, seem to have been more injudiciously managed from the time of Rhazes, to that of Sydenham, than the one of which I am now speaking. The causes of this mismanagement however, seem directly traceable to the crude notions, which were entertained in the

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regard to its nature, & pathology. — Believing as they did, that, the entire mass of circulating fluids, was poisoned, contaminated, & loaded with a morbific matter, their whole attention seems to have been directed to its immediate elimination from the system.

For this purpose the unfortunate sufferers were indiscriminately forced into close & heated apartments, or half stifled with bed cloathes, & dosed with hot decoctions, vegetable infusions, or even more stimulating beverages, without any regard either to the particular tone of their constitutions, or the nature & violence of their disease.

Phazes however, an Arabian of the 9th century & one of the first writers on Small Pox, seems to have treated this class of diseases with more judgement

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& discrimination; viz. upon the general principle of graduating the fever; while his successors, strangely forgetting, or wantonly disregarding, the wholesome admonition of considering a great fever, as a "great evil", in these cases, seem to have measured the altitude of their skill, by the quantity of fever, & consequent eruption they could produce.
It does not seem to have occured to them that, this morbid poison which they were so sedulously endeavouring to force from the system, could be multiplied by the violence of that action itself excites, or that a still higher degree, would wholly defeat the object both of nature & the Physician.
This was reserved for the Sensible, & Judicious Sydenham, who notwithstanding the trammels of his theory, boldly

ventured to follow the Dictates of Nature, & to produce such a revolution in the treatment, not only, of exanthems, but of diseases generally, ~~as~~ ~~ill~~ as will forever justly entitle him, to the appellations of modern Hippocrates, & Reformer of Medicine.

Taught by the judicious observations, & experience of Sydenham, as well as, the more recent improvements of pathological science; the moderns seem almost unanimously agreed as to the great principle, that should direct them in the management of Exanthematous diseases.

Rubeola, owing to its frequent occurrence, has received its due share of attention; it is regarded as a disease decidedly inflammatory in its general character, & equally well known to require in a large majority

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of instances, no actual remedial measures. It is therefore the incidental symptoms, & more aggravated forms, of the disease that we are called on to remedy & consequently it is of these, that I shall more particularly speak. If there at the commencement of measles, there be high fever, severe pain, restlessness, & oppression; there can be no doubt of the propriety of detracting blood; cautiously graduating quantity taken, to the age & strength, of the patient; the violence of the disease; the nature of the prevailing epidemic, & the immediate effect produced. We should also, in such cases, enjoin a strict adherence to the antiphlogistic regimen, & should the stomach & bowels be disordered, emetics, & purgatives are to be used. Emetic Tartar & Ipecacuanha,

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fulfil the former indication best in cases of adults, but for children, the vin. Antim. combined with Mel. Scillae or taken alone should be preferred.

The 2 Indications, should be fulfilled by calomel, combined with Rhei, or Jalap, or taken alone being followed by ol. Ricin. to quicken its operation. The patient should also drink freely of mild mucilaginous liquids, such as infusion of flax seed, Gum. Arabic water, barly water &c, slightly acidulated with vegetable acids, & if the fever run high nauseating doses of antimonials, should be given, aided by nitre & cold water which is exceedingly refreshing, & may be drunk ad libitum, always guarding against very large draughts at a time; this fluid was the Febrifugum magnum with some of the ancient physicians

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Physicians, & may be taken with more safety, & advantage, in almost every disease, than is commonly supposed. I believe its use is often prohibited when it would of itself, if gradually taken, be of infinitely more service than the drugs that are improperly made to usurp its place -

The cough if troublesome should be allayed by demulcents, & opiates, the than which are so ex this purpose best, are perhaps common molasses candy, extract of liquorice, & syrup of poppies which last is of all others the most effectual.

It is important that the cough should be checked, as the irritation produced by it, together with the loss of sleep, will very much aggravate the fever, & other symptoms. The tendency of opiates to heighten fever & favour local congestions,

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may be obviated by combining them with antimonials, in the following manner

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of this mixture an adult may take a least coupful Pro. Re. Nat. Owing to the catarrhal tendency of this disease, we cannot expose the patient to the full influence of cold air, so salutary in Small. Pox. The must therefore be confined to a mild & equable temperature, & sedulously avoid the extremes of heat, & cold; a thermometric range of from 60, to 64, degrees is perhaps the best we can advise.

I am aware that opiates, in this disease are by some considered questionable, in the early stage, but if the fever be duly reduced by the above mentioned measures, it will require but small doses

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of these medicines to produce the desired effect, which effect is of much importance, & will more than compensate for the ill effects, which the remedy has a tendency to to create. In reducing the system to the state in which opiates become admissible, & in which they certainly produce such decided benefit, we must ever keep fully in view the nature, & tendency of the prevailing epidemic, as these will very materially influence the extent, to which antiphlogistic, & preparatory measures are to be carried. Sometimes the character of the epidemic, is so decidedly inflammatory, as to require, repeated & extensive evacuations; whereas in other instances, the Typhoid predisposition, requires us to be extremely circumspect, in the use of these remedies. These important circumstances were

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long since pointed out, & strongly insisted on by experienced men, & deserve perhaps much more attention than they have generally recieved.

It sometimes happens that the force of this disease centers as it well upon the Lungs, in such cases, it will be proper to resort immediately to local, & general bloodletting,-if admissible; & here we must not be deceived, in many instances it affords the only chance for the patient, & I believe I have seen it succeed in two or three instances where it did not seem admissible, but having used other remedies ineffectually, & even lost all hope of recovery, it was turned to as a dernier resort, & was completely successful.

This is a point strongly insisted on by Sydenham, & is he says the only remedy in such cases, on which we can depend

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The depletion however, must be cautiously regulated where there is a typhoid predisposition; here also local blood letting will be useful, after it is no longer proper to take it from the general circulation, the auxiliary measures, as blisters, warm pediluvia, & sinapisms, will here be serviceable, ~~& should~~ never be overlooked. Here too if the Dyspnoea be great, we shall sometimes be aided in relieving it, by directing the patient to inhale the vapour of hot vinegar & water, into which a few drachms of sulphuric ether has been added.

Sometimes it happens that the pectoral oppression, arises from phlegm, or tenacious mucous, obstructing the the bronchia; & in such cases we must have recourse to emetics, which frequently in such instances have

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have a threefold beneficial effect;-
ver. that of freeing the stomach of its irritating contents; & dislodging the accumulated fluids from the bronchial tubes; and interrupting, or changing the morbid actions of the general system, & equalizing the circulation.

Where the fever, & difficulty of breathing continue, & it is judged that further depletion would be inadmissible, it has been advised to prescribe the Tinct. of Digitalis in full doses, with a view to diminish the velocity of the circulating fluids, & thus lessen the quantity thrown upon the lungs;- & in such cases we are told that the fever has been diminished, the Dyspnoea allayed, the bowels relaxed, & a general melioration of the symptoms produced.

How often such happy results may

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be obtained from the action of this medicine, I can not say. But from the uncertainty of its operation, & the influence which the position of the patients body exercises over its power of lessening arterial action, will I am much inclined to think, always render it a very doubtful resource in in such cases. I have seen it given in a few instances only, & in these the pulse was but little moderated in frequency, which circumstance, might in part perhaps be owing to the semicircct position of the patients, they being unable to maintain the recumbent posture, on account of the urgent dyspnoea. Besides its uncertainty of effect, theory would not seem to promise much, even were its operation uniform; for admitting it to lessen the frequency of arterial pulsation in a large majority of instances, this simple diminution of frequency, would not seem

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to remove the imperfect condition of the lungs.— The circulation, though diminished in velocity, is not equalized, & of course the lungs would retain the same relative proportion of accumulated fluids as before.
Sometimes it happens in this disease, that the eruption is tardy in making its appearance, or does not appear at all; or if it do appear, is of a pale, livid, and unnatural colour.— In such cases we are to be on our guard that we do not mistake the cause of such irregularity; if it arise from absolute debility, then, our path is plainly pointed out;— & we shall have recourse to the diffusible stimuli, such as wine whey, Carb. Amm., Blisters, warm bath, & Ether Sulph., which is in many instances the best of diffusible stimuli. Should it however arise from gastric irritation, which when very excessive

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often produces this effect, our attention must be immediately directed to its removal; for this purpose we give an emetic, if the stomach be loaded with irritating matter, & apply a blister to the epigastrium, which in many instances will operate like a charm, & is perhaps more generally to be relied on in such cases, than all other means.

But should the irregularity of which I am now speaking arise from excess of action, as has often fatally happened; then, we are to resort without delay to venesection, properly regulated, & to a mild cooling & antiphlogistic regimen.

This particular condition is noticed by Sydenham, as occuring in the epidemic of 1670, & as his account so completely illustrates what I wish to enforce, I shall take the liberty to quote his own words.—

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"Aliquando," says he, "etiam post regimen intense calidum Exanthemata livescunt primo, mox nigrescunt: id vero adultis tantum contingit, de quibus conclamatum est, ubi primum nigredo conspicitur, nisi Phlebotomia et temperatioris regiminis refrigerio ita actutum subveniatur."

Sydenham not only bled adults freely in this disease; But even practised it on the smallest infants, & when the Pneumonic inflammation was obstinate he declares that he did not hesitate to repeat the operation & that he has seen many children, apparently at the point of death from this symptom, who "benedicente summo numine" & repeated venesection were perfectly restored.

Sydenham however, seems to have had an aversion to bleeding in the early stage of this disease, maintaining that this operation should be reserved as a mean of combatting the supervening pulmonary inflammation, so common towards

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its decline;— Doct. Good also concurs with him in this opinion!

For my own part I am unable to reconcile this advice, with my present pathological views as to the nature of this disease, or with the views now generally entertained in relation to the exciting causes of inflammation.—If we suffer the fever to rage in the primary stages of the complaint, do we not voluntarily permit a powerful exciting cause of subsequent congestion, & local inflammation to continue?— or in other words, do we not cherish that very spark, that afterwards becomes the chief agent in producing all the future difficulty, & distress? Certainly nothing so effectually removes all the miserable sequalae of this disease, as a persistent, well directed, antiphlogistic course. The future danger arises from the lurking inflammation, & we may often prevent

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the most serious, & terrible consequences by long persistence, in this regimen.
Should we not upon the same principle check this much dreaded inflammation, or wholly prevent its occurrence by striking at the root of its exciting cause, viz. the high fever & vascular action of the primary stage?
Some times it happens that this disease has a strong Typhoid tendency from the commencement, & here our method of cure must be regulated upon the general principle of equalizing the circulation, & supporting the tone of the vital powers.- this is to be accomplished by emetics, of Ipecacuanha, tonics, wine whey, carb. Am. a nourishing diet, epispastics, sinapisms, & should local congestions supervene, they will require topical depletion, & counter irritation.
The effects of Rubeola it has been observed

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are often more to be dreaded than the immediate disease, they are says Sydenham even more distructive than Small Pox, & may well be considered as the chief ministers of Death in this disease.

The more common sequalae, are that 1st of awakening the latent scrofulous predispositions into action, 2 exciting obstinate chronic opthalmia, 3 severe bowel affections, & that of laying the foundation for a future Phthisis Pulmonalis or undermining the general energies of the constitution.

These, as I have before stated, can alone be remedied by effectually subduing the local, & general inflammation.

It now & then happens that the lining membranes, & muscles of the Larynx take on a high degree of inflammatory action, & the voice becomes much impaired, or totally lost.— In such cases we

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are to depend on topical depletion, by cups or leeches applied to the vicinity of the affected part; on counter irritation, & the rigid observance of the antiphlogistic regimen, under the regulations above recommended.

By some we are told, that, instead of venesection, we should in cases of Children, resort to cupping, & leeching; I should suspect, however, that this last injunction, has been derived more from the objections which Parents usually have to having their offsprings Bled than from any sound Therapeutic Principle, since the latter, are certainly much more painful methods of depleting, & do not of course operate on any other principle whenever applied to infants, than they do on those of adult age.

In summing up then, the methodus medendi

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Medendi which I have recommended in the preceding pages for Rubeola, I am enabled to add little to the summary of the Illustrious Hamel; viz. 1 "venesectione aetate viribus et caetera mensuranda. 2 Vomitu. 3 Dieta tenuissima. 4 Potu multo diluenta acidulo.

We must, I repeat, from the commencement cautiously watch any local determinations, that may take place in the progress of the disease, especially to the Lungs; & these are to be promptly combatted, by general, & topical Bloodletting, always keeping a steady eye on the constitution of the patient, & the nature of the case. I would the more particularly insist on the early & prompt subduction of these symptoms, as also of high Febrile excitement, in as much, as they alone lay the foundation for the remote, but not less fatal consequences of the disease.

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In this as in all pulmonary affections, it is important to allay the cough & consequent irritation; & here, (if the fever be duly graduated) we may almost always use opiates, either alone, or combined with antimony, with the very best effects.

In order to guard the patient against subsequent unpleasant symptoms, I would enjoin a mild uninitating diet, & direct him scrupulously to avoid early exposure to cold.

Thousands die annually of this disease, & its sequelae, owing in a great measure, to the prevailing notion that the disease requires no further treatment than can be directed by the Parent, or some ignorant nurse; this popular opinion is to be severely reprobated, & it should be fully impressed on the Public mind, that Measles always requires carefully to be watched

by the Physician, although, in a majority of instances little of his assistance is required.

When Rubeola, is known to prevail as an epidemic, such as are liable to it should prepare for its reception as in cases of Small Pox, by mild aperients, & vegetable diet;- such a preparation is the most certain means of obviating its occasional violence, & is in the opinion of some as emphatically demanded, as in Varicella itself.

Phil. March 7th
1829